

# Heart Failure Management Clinic

At NorthShore's Heart Failure Management Clinic, we help patients achieve the fullest possible recovery without setbacks. Our experienced and specially-trained team is committed to providing the highest level of personalized and compassionate care.

## **Evanston Hospital**

2650 Ridge Avenue  
Evanston, IL 60201

## **Skokie Hospital**

9600 Gross Point Road  
Skokie, IL 60076

## **Glenbrook Hospital**

2100 Pfingsten Road  
Glenview, IL 60026

For more information or to schedule a consultation call **847.86.HEART** or visit [northshore.org/cardio](http://northshore.org/cardio).



 **NorthShore**  
University HealthSystem

**Cardiovascular Institute**

[northshore.org/cardio](http://northshore.org/cardio)

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## Seamless Coordination

A leading cause of hospitalization for people 65-years and older, heart failure affects millions of Americans. But heart failure can be managed with medications, lifestyle modifications and careful monitoring.

Patients who have recently been discharged from the hospital with a diagnosis of heart failure or congestive heart failure are often at the greatest risk for another hospitalization. NorthShore's dedicated clinic for heart failure discharge patients helps patients at home and in independent care facilities stay healthier and out of the hospital.

From helping to manage new medications and understanding discharge instructions to offering diet recommendations and facilitating communication with physicians, the Heart Failure Management Clinic works closely with individuals during the important and often overwhelming time following a hospitalization.



*Marcela Goldsmith, APN of Heart Failure Management Clinic*

## Expertise and Education

Led by heart failure-certified advance practice nurse Marcela Goldsmith and medical director cardiologist Robert Gordon, MD, the clinic serves as a one-stop resource, ensuring seamless communication with patients' primary care physicians, cardiologists, visiting nurses and family member caregivers.

Education is a primary focus of the clinic where patients are taught about disease management and warning signs and symptoms, including effective ways to assess fluid status.

Heart failure means that it's hard for your heart to pump blood and relax the way it should. This condition cannot be cured, but you can make changes in your diet and lifestyle to control it and feel better. To feel your best, your goal is to learn to manage your heart problem at home and stay out of the hospital. We are here to help you do just that with our Heart Failure Management Clinic.

## Personalized Plan of Care

The clinic strives to see patients as soon as possible following their hospital discharge, typically within three to seven days. Reviewing medications and prescriptions that may have changed, and reviewing dietary guidelines are key elements of care.

Helping patients to understand the disease process also helps them take a more active role in managing their condition. The clinic serves as a vital bridge between a hospitalization and the next visit with a cardiologist.

**For more information, visit  
[northshore.org/cardio](http://northshore.org/cardio).**